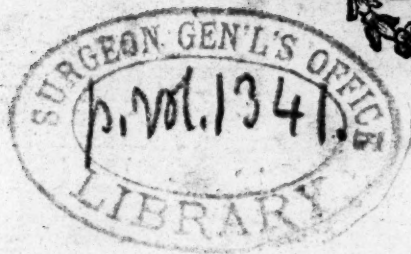


OBSERVATIONS
UPON THE
Proper Nursing of Children.

From a Long SERIES of
EXPERIENCE.



L O N D O N :

Printed for R. and J. DODSLEY; in Pallmall,
M DCC LXI.

[Price Six-Pence.]

OBSERVATIONS

UPON THE

Proper Nursing of Children

From a Long Series of

EXPERIENCE



TO THE
READER.

THE AUTHOR of the following
ESSAY, having no other View,
 in Publishing it, besides its General
 Utility; and not having the least Am-
 bition to appear either Learned or
 Eloquent, has Reason to hope that the
 many Inaccuracies found in it, will be
 passed over, with Candour.



OBSERVATIONS

UPON THE

Proper Nursing of Children.

AS a well-regulated Education, is the most likely means of making Men happy themselves, and useful to others ; it has been Matter of surprize, that so few ingenious Men have wrote upon this Subject: And those few, have

have confined their Observations to particular Systems (which could never be of general use) as Mr. *Locke*, to a private Education, and *Milton* to an Academic.

But upon Reflection, I believe, it is hardly possible for Education to be brought to any one Standard, which very likely is the Reason so few have attempted it.

For that System that is proper for one Class of Men, is absolutely unfit for another; and as long as there is Subordination in the World, (and the World cannot subsist without it) there ought to be different Rules laid down, and Instructions given, to different Classes of People, which has never enough been attended to.

But, to make Mankind healthy, and well-proportioned, must be of equal Benefit, to all Ranks of People, from the Prince to the Peasant.

And the great Desire I have to make myself some way useful to Society, makes me attempt giving the female Part of the World some Instructions (founded upon Experience) for the proper Nursing of Children, which from common Observation, must appear to have been much neglected of late Years.

For if those that think of it most, provide for their Child a good Breast of Milk, they think they have performed a Parent's Part, and never enquire, if the Nurse has been trained up to the

think might be done in * Workhouses, Free-Schools, &c. also in Noblemens and other great Families.

For I must confess, it has often grieved me to see, the Gentleman spare no Expence in his Stable ; not only have a Groom, but a Helper, and not only a Helper, but Stable Boys, trained up to the proper and careful Management of the Horses ; whilst the Lady neglects her Children in the Nursery, and thinks every Expence too great, that belongs to her Children, or to those that attend them.

C

This

* If a Premium was given in Free-Schools, Workhouses, &c. to those that brought up the finest Child to one Year old, either in Workhouses or by Parish Nurseries, it would be a means of Encouragement to them, as well as to all other useful Improvements; and, I may venture to say, of as general Utility. But I only give Hints, which I hope to live to see improved and enlarged upon.

This I look upon as one of the strange Evils under the Sun.

After these Observations made, and Rules laid down, for the proper Management of young Children, I conclude the Reader will expect me to say something of their Diet. Without doubt, the Mother's Milk is the first Thing to be desired, and therefore to be recommended ; and those Ladies, that will devote their time, for the first Year, to the Nursery, I honour extremely ! But as I am sure, some tender Mothers have very good Reasons, for not doing, what appears to me, a reasonable Duty ; the next Thing is to get a wholesome chearful Woman, with a young Milk, (and tha has been used to tend young Children;) and

and as it is supposed, she has Plenty of Milk, that may be sufficient for the first six Months; after which time, small Broths and innocent Foods, of any kind, may do as well as living wholly upon Milk. But I do not pretend to dictate as a Physician; and have seen both ways attended with very good Success.

I flatter myself, that I have now succeeded in what I endeavour to prove, how absolutely necessary it is, to give young Children constant Exercise, and likewise always to keep them in a proper Posture, in order to make them healthy and well-proportioned.

The same Method of Reasoning leads me to think, that the Mind of a

Child may be improved much earlier than People are apt to imagine ; and instead of sowing the Seeds of Vice, *viz.* Pride, Deceit, Cruelty and Revenge, the contrary Virtues might be very early implanted in them ; as Truth, Justice, Generosity and Courage, a proper Deference to their Parents ; a humane benevolent Behaviour to their Inferiors ; and a tender regard to Animals and Insects of all kinds, which are often worried and very ill used by Children.

These Sentiments early instilled, will enlarge their Minds, and by Degrees bring them to a just way of Thinking ; convincing them, that the End of their coming into this World, was not solely to seek Amusements and pursue Diversions, but (in Time) to make themselves useful Members of Society.

Likewise, I think the Understanding of Children might more early be informed by proper Exercifes, fuited to their tender Years, which are generally left uncultivated till four or five Years old.

I ftill addrefs myfelf to the Female World, as I think it is the Mother's Part, to bring up and inftitute her Children, till they are five or fix Years old: and that Parent, who has caufed her Child to be fet firm upon its Legs; and fees it adorned with a graceful Perfon, and healthful Conftitution, and moreover, has adorned its Mind, fo as to lead it forth in the Paths of Virtue; will find more Comfort and folid Satisfaction, than in all the Diversions, and fashionable Amufe-

Amusements the Levity of the present Age can afford.

But I find these interesting Thoughts, have led me further than I at first intended. Wherefore, I shall conclude with wishing some abler Pen would enlarge upon so useful a Subject.

The Child's Dress in the Day.

A Shirt, a Petticoat of fine Flannel, only two, or three Inches longer than the Child's Feet; with a Dimity Top, (commonly called a Bodice Coat) to tye behind; over that a Surcingle made of fine Buckram, two Inches broad covered over with Sattin, or fine Ticken, with a Ribbon fastened to it, to tye it on, which answers every Purpose of Stays, and has none of these Incon-

I

veniencies.

veniencies. Over this put a Robe, or a Slip and Frock, or whatever you like best; provided it is fastened behind, and not much longer than the Child's Feet; that their Motions may be strictly observed.

And after the first six Months, I see no Reason, why the Child should not wear Shoes and Stockings. But I rather recommend them; provided the Shoes are large enough, and very broad at the Toes, that the Feet may not be cramped.

Two Caps upon the Head, till the Child has got most of its Teeth,

No Leading-strings of any kind, till the Child can go quite alone, strong and upright.

The

The Child's Dress for the Night.

A Shirt, a Blanket to tye on, and a thin Gown to tye over the Blanket.

Note, *The Mattrafs and Surcingle, are to be seen, at Mrs. HALLUM's Warehouse in Parliament-street.*

F I N I S.

